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Using the site Academia.edu helps them with their work by giving them ideas for new things and making sure they see what they're interested in. By using this website, you agree to let them collect information about your visits through cookies. To learn more, look at their Privacy Policy. How is virginity lost? Virginity isn't just a physical thing - it's also about your heart. You lose it when you completely give yourself to someone for the first time, both physically and spiritually. So, losing your virginity means giving your whole heart to one person. How do you give your heart? That happens in a sexual relationship, which is the deepest connection between a man and a woman. Today's young people have a big problem: they give their bodies but not their hearts, and that hurts them. What's chastity and purity? Chastity is how you act on the outside, while purity is a strong, good heart inside. There's an important passage in the Bible where Jesus says that if someone looks at another person with desire in their heart, they've already sinned. Some people think that as long as you don't have sex, you haven't lost your virginity. But that's not true - purity comes from looking at others in a way that sees them whole and beautiful, both inside and out. If someone looks at another person with respect for who they are as a whole, including their soul, then that's pure. What does it mean to be chaste in love? Being chaste means holding back on the loving actions you save just for marriage. When you're about to get too excited and your body is ready for intimacy but it's not the right time, that means you've crossed a line. Each couple needs to talk about what their gestures mean and how they make each other feel. The author talks about "integridad virginal," which is about being whole in every way - mind, heart, spirit, and body - so you can give yourself completely to love and a plan for giving. That's the key to understanding sex: it's about giving yourself fully and deeply to another person. Make one thing with you forever". What if someone delivers themselves "completely" to multiple people? When the world tells us that sex is a consumable good with no consequences, it's lying. If you give yourself to multiple people, you leave a piece of your soul in each one and your heart disintegrates. Can one recover their virginity? After losing virginity due to various circumstances, there may come a moment when you realize you shouldn't have done it. The important thing is not to lose hope because the good news is that God can do everything and make us recover our heart's virginity. Christ can make all the dynamics of our being come together again to live in purity, waiting for the ultimate surrender. And that's what 2.0 virginity is about. What does 2.0 virginity consist of? First, it's about having awareness of the value of virginity and what it means to have lost it; then, wanting to recover it. To do this, one invites faith in the power of the Holy Spirit. Next, there's a focus on the importance of repentance and healing from the wounds and their consequences. It's essential to reconcile with the past and look at life from the perspective of the Merciful Love, seeing how God takes something bad and turns it into good. Finally, some acts are performed in an atmosphere of prayer, sealing a pact with God where one commits to living, to the best of one's abilities, in chastity and purity; and God commits to restoring your entire heart. The most important thing is to believe and want. Is it urgent to talk about virginity? I used to talk a lot about pre-marital virginity, but then I started finding young people with whom I had to talk about second virginity because they discovered the value of chastity later on. Additionally, I saw the consequences of losing virginity in one of the youngsters I spiritually accompanied and it moved me deeply because I wanted them to live well with their current girlfriend, who had saved herself for him. I've found many people asking: "Can I recover that virginity to give myself to the person I love in the future?" That's what led me to write this book. One day, while talking with this kid, I read a paragraph from St. Augustine's City of God about some virgins who were violated in Rome. St. Augustine tells them they haven't lost their virginity because chastity is a virtue of the soul that sanctifies the body from within. This gave me an immense light... I discovered a theological principle that allowed me to create an itinerary for recovering the virginity of one's heart, which is the principle of the regenerative power of the Holy Spirit. I had this light and within four days, I wrote the book. Finally, why is it important to live chastity during courtship? Because it's a training, literally, for marriage. A spouse must be chaste because they owe themselves to one person and there will be moments when they cannot have relations with that person. For example, if a man has not learned or does not want to contain himself with his girlfriend, how will he know he can contain himself when he cannot have relations with his wife when she's away on business or sick? On the contrary, living chastity gains one freedom: because I love you, I decide to love and serve you even when I cannot have relations... That also forms part of sexual surrender. You're considering using a multi-line text field instead of a single line text field. 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